



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LOSE IT WITH THE Y

ROUND 20— "SPRING INTO FITNESS"

Registration Dates:

April 2, 2018- April 23, 2018

Teams of 4 will need the same availability for workouts during the week.

Don't have a team of 4? That's ok! We won't turn you away! Show up for our opening ceremony on Monday, April 23rd and you will be placed with a team that works with your schedule. You can complete registration process and pay program fee at the end of the ceremony or before.

Program Dates:

April 23 - June 16, 2018

Opening Ceremony - Monday, April 23, 2018

5:00pm in the Harold Alfond Gymnasium

**** ATTENDANCE MANDATORY ****

Cost

Members: \$100

Non-Members: \$250

(Includes single membership for duration of the program)



TIRED OF THIS WINTER?!

THE KV YMCA IS READY TO GET YOU IN SHAPE FOR SPRING AND SUMMER! THE LOSE IT WITH THE Y PROGRAM HAS BEEN RUNNING FOR 7 YEARS AND WE ARE GEARING UP FOR ROUND 20! THIS PROGRAM WILL CHALLENGE YOU TO BECOME MORE HEALTHY - INSIDE AND OUT. YOU WILL SEE WORKOUTS FROM: AQUA TRAINING, KETTLE BELLS, BARBELLS, INDOOR SPIN, FUNCTIONAL TRAINING, DUMBBELLS, TRX SUSPENSION TRAINING, BARBELL AND BEST OF ALL.... **OUTDOOR WORKOUTS!** THIS IS YOUR CHANCE TO GET PREPARED FOR THE BEAUTIFUL MAINE WEATHER SEASON. TRAINERS WILL MONITOR WEEKLY WEIGHT LOSS, TOTAL BODY INCHES LOST, BODY MASS INDEX AS WELL AS BODY FAT % BEFORE AND AFTER THE PROGRAM. **YOU OWE IT TO YOURSELF!**

For more information on the Lose it with the Y, Round 20, please contact
Craig Cameron, Senior Director of Healthy Living at 207 622 9622, ext. 122 or by email at craig@kvymca.org

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